

# ASSEMBLYMEMBER ISADORE HALL, III

ASSISTANT SPEAKER PRO TEMPORE

52<sup>ND</sup> ASSEMBLY DISTRICT

STATE CAPITOL, ROOM 6025 ★ SACRAMENTO, CA 95814

WWW.ASSEMBLY.CA.GOV/HALL

## AB 2705 (Hall) Physical Education FACT SHEET

**Sponsor:** Governor Arnold Schwarzenegger, Jennifer Kent, (916) 445-4341

**Staff Contact:** McLeod Bethel-Thompson, (916) 319-2052

### ISSUE

---

Childhood obesity rates have skyrocketed in California. Over thirty-one percent of adolescents ages 12- to 17-years-old, and one-in-three California children ages 9-11 years old, are at risk of becoming or are already overweight. A combination of poor diet and lack of physical activity has caused these children to be at greater risk of major chronic diseases such as diabetes, heart disease and cancer when reaching adulthood.

Current law specifies that K-12 students are required to take physical education courses, but does not require the students to actually exercise during class time. According to the Journal of Medical & Science in Sports & Exercise almost 50% of elementary students and more than 90% of adolescents do not get the recommended 60 minutes of moderate to vigorous physical activity (MVPA) per day.

Combined with many after-school programs that do not incorporate physical activity into their curriculum and under-utilized school and joint-use facilities that could be used as a safe place for students to exercise, California students have fewer and fewer options to fight obesity and the short and long term health impacts of leading less active and less healthy lifestyles.

### SOLUTION

---

AB 2705 takes a multi-track approach to combat child obesity by requiring K-12 students enrolled in physical education courses to spend at least 50% of the class time in MVPA; requiring after school programs utilizing Proposition 49 (2002) funds to incorporate at least 30 minutes of MVPA in their daily curriculum using the newly implemented After-School Physical Activity Guidelines, and facilitating better coordination between schools, local government and community organizations in order to better utilize safe facilities for children to exercise in.

Together, these actions will take real steps towards expanding opportunities for students to exercise, making students healthier and reaffirming our commitment to reverse California's child obesity crisis.

### SUPPORT

---

Governor Arnold Schwarzenegger (Sponsor)

American Diabetes Association

American Heart Association

California Association for Health, Physical Education, Recreation, and Dance

California Food Policy Advocates

California Pan-Ethnic Health Network

Central California Regional Obesity Prevention Program

Los Angeles County Board of Supervisors

Strategic Alliance for Healthy Food and Activity Environments

Prevention Institute  
Latino Coalition for a Healthy California  
The County Health Executives Association of California  
VSP Vision Care  
City of Santa Ana  
California Park and Recreation Society

(As amended April 14, 2010)